



O'Doughs product specifications

CAKES

Who says that you can't have your cake and eat it, too?! O'Doughs' desert cakes are so packed with flavour, we'll bet that you can't eat just one slice. Available in Banana with Chocolate Chips, Carrot and Chocolate, you'll have a hard time choosing your favourite.

CAKES

Chocolate Chip

Banana Cake

Ingredients: Whole Egg, Evaporated Cane Juice, Sunflower Oil, Potato Starch, Chocolate Chips, Glycerine, Banana Flakes, White Rice Flour, Chicory Inulin, Cellulose Fibre, Baking Powder, Baking Soda, Emulsifier, Natural Banana Flavour, Sea Salt, Xanthan Gum, Natural Vanilla Bourbon Flavour, Citric Acid.

Contains: Egg.

May contain traces of: Soy, Sesame.



Weight: 14.1oz

Dimensions: 7.3" L x 3.5" W x 2.5" H

Nutrition Facts

Suggested Serving Size 1.4oz (40g)
10 Servings Per Package

Amount Per Serving	
Calories 155 Calories from Fat 65	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 250mg	11%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 2g	
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000		2,500	
Total Fat	Less than 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carrot Cake

Ingredients: Whole Egg, Evaporated Cane Juice, Sunflower Oil, Potato Starch, Carrots, Glycerine, White Rice Flour, Chicory Inulin, Cellulose Fibre, Baking Powder, Baking Soda, Emulsifier, Ground Cinnamon, Sea Salt, Xanthan Gum, Natural Vanilla Bourbon Flavour, Citric Acid.

Contains: Egg.

May contain traces of: Soy, Sesame.



Weight: 14.1oz

Dimensions: 7.3" L x 3.5" W x 2.5" H

Nutrition Facts

Suggested Serving Size 1.4oz (40g)
10 Servings Per Package

Amount Per Serving	
Calories 150 Calories from Fat 65	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 28mg	13%
Sodium 270mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 10%	Vitamin C 0%
Calcium 2%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000		2,500	
Total Fat	Less than 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Chocolate Cake

Ingredients: Whole Egg, Evaporated Cane Juice, Sunflower Oil, Potato Starch, Glycerine, Cocoa Powder, Chicory Inulin, White Rice Flour, Baking Soda, Baking Powder, Cellulose Fibre, Emulsifier, Natural Chocolate Concentrate, Sea Salt, Xanthan Gum, Natural Vanilla Bourbon Flavour, Ground Coffee, Citric Acid.

Contains: Egg.

May contain traces of: Soy, Sesame.



Weight: 14.1oz

Dimensions: 7.3" L x 3.5" W x 2.5" H

Nutrition Facts

Suggested Serving Size 1.4oz (40g)
10 Servings Per Package

Amount Per Serving	
Calories 160 Calories from Fat 70	
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 48mg	16%
Sodium 275mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 1.5g	6%
Sugars 12g	
Protein 2g	
Vitamin A 1%	Vitamin C 0%
Calcium 2%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000		2,500	
Total Fat	Less than 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4